

THE BENEFITS OF EATING THE RAINBOW

The more color you add to your plate from Mother Nature's fruits and vegetables, the more micronutrients you'll consume. And that's a good thing because micronutrients are comprised of phytonutrients, vitamins and minerals that fuel your body to perform at its best. Here are some of the many reasons eating the produce rainbow can help improve your health.



GREEN

Eat, juice & blend more green for these potential health benefits:

- Up-regulate detox enzymes in the liver
- Slow macular degeneration
- Improve eye health
- Reduce risk for certain cancers like colon, bladder and breast



MICRONUTRIENTS:

- Sulforaphane
- Magnesium
- Iron
- Calcium
- Lutein
- Potassium
- Vitamin K
- Folate

RED

Eat, juice & blend more red for these potential health benefits:

- Reduce risk of stroke and macular degeneration
- Reduce inflammation
- Promote heart health
- Help protect against prostate cancer



MICRONUTRIENTS:

- Lycopene
- Anthocyanin
- Ellagic acid
- Vitamin C
- Quercetin

ORANGE/YELLOW

Eat, juice & blend more orange and yellow for these potential health benefits:

- Boost antioxidant intake
- Promote anti-inflammation
- Keep eyes and skin healthy
- Provide electrolytes and anti-inflammatory compounds to reduce post-exercise sore muscles



MICRONUTRIENTS:

- Beta carotene
- Alpha carotene
- Potassium
- Vitamin C
- Vitamin A

BLUE/PURPLE

Eat, juice & blend more blue and purple for these potential health benefits:

- Increase antioxidant consumption
- Promote anti-inflammation in the heart and blood vessels
- Support the immune system
- Improve skin health and help prevent wrinkles



MICRONUTRIENTS:

- Vitamin C
- Potassium
- Folate

WHITE/COLORLESS

Eat, juice & blend more white for these potential health benefits:

- Reduce risk of cardiovascular disease and different types of cancers
- Support healthy bones and reduce risk of osteoporosis
- Support immune system
- Reduce free radical damage
- Lower blood cholesterol levels
- May provide antifungal and antibacterial benefits



MICRONUTRIENTS:

- Vitamin C
- Allium
- Sulforaphane
- Flavonoids

Eat a Rainbow Every Day!

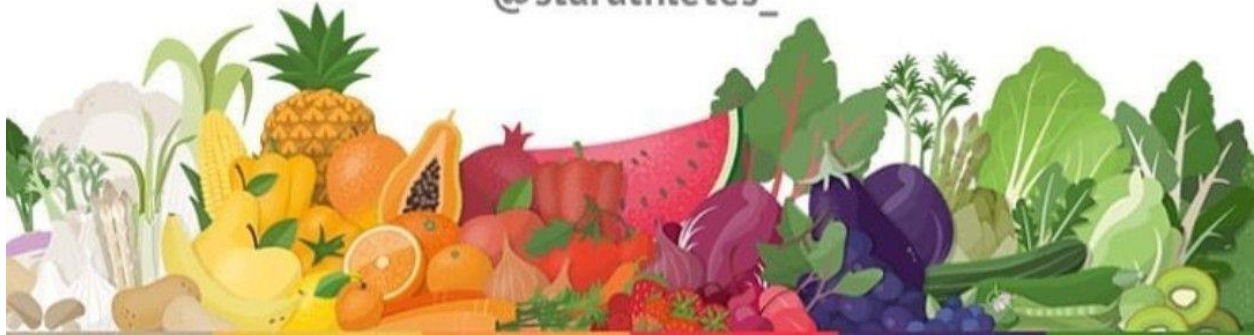
Get more information on juicing and eating for health and weight loss at rebootwithjoe.com

 **Reboot with Joe**

Eat a rainbow

Benefits of fruits and vegetables by color

@starathletes_



 Immune support	 Beauty	 Cancer prevention	 Heart health	 Longevity	 Detoxification
<ul style="list-style-type: none">  Immune system  Healthy colon  Prevents ulcers  Lowers cholesterol  Healthy heart 	<ul style="list-style-type: none">  Healthy heart  Lowers cholesterol  Healthy joints/tissues  Supports eyesight  Healthy skin 	<ul style="list-style-type: none">  Healthy heart  Immune system  Skin protection  Supports eyesight  Antioxidant 	<ul style="list-style-type: none">  Healthy heart  Lowers cholesterol  Skin protection  Helps cell renewal  Prevents cancer 	<ul style="list-style-type: none">  Healthy heart  Lowers cholesterol  Helps memory  Anti-aging  Healthy urinary system 	<ul style="list-style-type: none">  Improves digestion  Supports eyesight  Healthy bones  Immune system  Prevents cancer

SLEEPING EARLY BENEFITS



Better sleep
quality



Reduces the
risk of diseases



Prevents
accidents



Improves
memory



Reduces anxiety
and depression



Feel more
attractive



Sharper
thinking skills



Strengthens the
immune system



Controls weight



Feel happier



More energy



Healthier heart

[SHOW ME THE REST >](#)


+THE GOOD BODY

10 ways getting **more sleep** affects your mind and body



YOU'LL BE HAPPIER.

People who sleep enough have better moods and fewer problems with depression and anxiety.



YOU'LL LEARN BETTER.

Adults who get enough sleep do better on tests of short-term memory.



YOU'LL SEE BETTER.

The longer you stay awake, the more vision errors you make, ranging from tunnel vision to seeing double to even hallucinations.



YOU'LL BUILD MUSCLE MORE EASILY.

Your body uses most of the night to heal damage done to your cells and tissues when you are awake and more metabolically active.



YOU'LL HAVE HEALTHIER SKIN.

People who get more sleep have skin that recovers quickly and show fewer signs of aging.



YOU'LL SPEAK BETTER.

Staying awake too long can cause slurred speech, repetitive word usage, and a slow, monotonous tone.



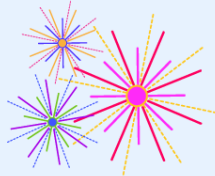
YOU'LL HAVE FEWER HEART PROBLEMS.

One large study found that sleeping five hours or less a night was associated with a 45% increased risk for heart attacks.



YOU'RE LESS LIKELY TO ABUSE ALCOHOL.

Researchers believe that disrupted circadian rhythms make adolescents more likely to engage in risky behavior and to develop alcohol use disorders.



YOU'LL HAVE BETTER SEX.

Poor sleep can lead to sexual problems like erectile dysfunction. Sleep increases testosterone levels, which boosts sexual drive for both men and women.



YOU'RE LESS AT RISK FOR CERTAIN CANCERS.

Researchers have found that night workers are more likely to develop colon and breast cancer.

WHY YOU NEED SLEEP



Detox

Sleep shrinks neurons to half their size, widening the channels through which your brain is 'detoxed'.

Memory

Mice doing 1 hour of training followed by sleep have been found to 'learn more' than mice who did 3 hours of training but were then sleep deprived.

Happiness

One extra hour of sleep per night has more impact on your daily happiness than an extra \$60,000 in annual income.

Why Your Brain Needs Sleep

1 in 5 car accidents are estimated to be caused by tired drivers.

Under-sleeping leads to lower grades, a shorter attention span and **ADHD-like symptoms** in children.

There is a clear link between **sleeplessness and depression**. Cause and effect is the subject of research and debate.

Weight Management

Well-rested people lose more fat when dieting when compared to sleep-deprived people, who lose more muscle.

Athletic Performance

A Stanford study found that college football players who aimed for 10 hours of sleep a night for 7-8 weeks significantly improved their sprint times and overall stamina.

Pain Management

Researchers have found that getting good sleep can supplement medication for pain.

Why Your Body Needs Sleep

People who get five hours of sleep per night are 73% more likely to **become obese** than those who get 7-9 hours.

The 'run down' feeling you get when sleep deprived can be an indicator of a **weakened immune system**. You may not only be more vulnerable to contracting illnesses, but have a lessened ability to fight them off.

A Harvard study showed that healthy people who significantly reduced their daily sleep began to produce glucose more slowly, a major risk factor for **diabetes**.

Sources:
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now[®]
Live Happy. Live Healthy. Live NOW.



EATING A **RAINBOW** IS HEALTHY!

Red foods are good for your heart and blood health, and they support joint function.

Orange foods help prevent cancer and reduce the risk of heart disease.

Yellow foods are good for your skin, heart, and eyes, and improve digestion and your immune system.

Green foods are good for your bones, as well as detoxing the body and strengthening your immune system.

Blue and purple foods help with mineral absorption, and can improve your memory and brain function.

White foods support immunity and the circulatory system, and can reduce the risk of cancer.



5 Colors of Phytonutrients

8/10 Americans Don't Eat Enough Color...



74% Don't Eat Enough Red

Phytonutrients:
lycopene, ellagic acid, quercetin, hesperidin, anthocyanidins



Red Benefits

Supports prostate, urinary tract and DNA health. Protects against cancer & heart disease.

76% Don't Eat Enough Purple/Blue

Phytonutrients:
resveratrol, anthocyanidins, phenolics, flavonoids



Purple Benefits

Good for heart, brain, bone, arteries, & cognitive health. Fights cancer & supports healthy aging.

69% Don't Eat Enough Green

Phytonutrients:
lutein/zeaxanthin, isoflavones, EGCG, indoles, isothiocyanates, sulphoraphane



Green Benefits

Supports eye health, arterial function, lung health, liver function, & cell health. Helps wound healing & gum health.

83% Don't Eat Enough White

Phytonutrients:
EGCG, allicin, quercetin, indoles, glucosinolates



White Benefits

Supports healthy bones, circulatory system, & arterial function. Fights heart disease & cancer.

80% Don't Eat Enough Yellow/Orange

Phytonutrients:
alpha-carotene, beta-carotene, beta cryptoxanthin, lutein/zeaxanthin, hesperidin



Yellow Benefits

Good for eye health, healthy immune function, & healthy growth & development.

Goal: Eat two foods from each color group daily



NaturalHealthyConcepts.com

SOURCES:
webmd.com/diet/phytonutrients-
nutrilite.com/en-us/Media/AmericaPhytonutrientReport.pdf

**Cut down on caffeine,
sugar and alcohol**



**Drink chamomile or
lavender tea**



**Eliminate smartphone
time an hour before bed**



Exercise every day



**Regulate sleeping
hours**



Tips to beat insomnia



the Power of Sleep

7 side effects of sleep deficiency

1

Long-term mood disorders

Chronic sleep debt can lead to disorders like depression and anxiety.

2

Sickness

Prolonged lack of sleep can disrupt your immune system, making it harder to fend off bugs. And once you're sick, lack of sleep can make it harder to recover.

5

Weight gain

Studies show people who sleep less than seven hours a day are 30 percent more likely to be obese.

4

Infertility

Sleep disruptions can reduce the secretion of reproductive hormones, resulting in trouble conceiving.

3

Diabetes

Studies suggest people who sleep less than five hours a night have an increased risk of having or developing diabetes.

7

Heart disease

Long-term sleep deprivation is associated with an increased heart rate, blood pressure issues and higher levels of chemicals that are linked to inflammation.

6

Low libido

Men and women who don't get quality sleep have a decreased interest in sex.

So, how many hours should you be getting?

Newborns



16-18
hours a day

Pre-school children



11-12
hours a day

School-age children



10
hours a day

Teens



9-10
hours a day

Adults



7-8
hours a day



At least **100,000 crashes**, **71,000 injuries** and **1,550 deaths** each year in the United States are related to **falling asleep while driving.**

my southern health
POWERED BY VANDERBILT

HAVING TROUBLE getting a good night's sleep? Visit vanderbilthealth.com/sleepcenter to find a Vanderbilt Sleep Center location near you and schedule an appointment!